Introduction to Stand **Up Paddleboarding**





Want to 'walk on water'? That's what it feels like when you're stand-up paddleboarding! Known as SUP, it's the fastest-growing watersport in the world. SUP is fun and easy to learn for all ages, and it's an amazing full body, low-impact workout that helps build core strength and balance. The 90-minute introductory lesson will teach you the fundamental skills to get you started in this popular watersport, including proper stance on the board and essential paddling techniques.

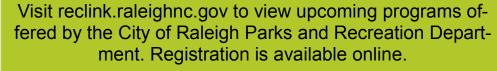


The minimum age is 12 and those under 18 must be accompanied during lesson by an adult. Participants should have basic swimming ability and comfort in the water.



Two class locations: Lake Johnson Park and Lake Wheeler Park Class fee: \$60 per student

Pre-registration is required. To register, call Triangle Glides at (919) 828-1988 or (800) 979-3370 (ticketing service). Equipment and instruction are provided. For more information on dates and times please visit www.TriangleGlides.com.





Lake Wheeler Park 6404 Lake Wheeler Road Raleigh, N.C. 27603 919-662-5704 www.raleighnc.gov

Lake Johnson Park **4601 Avent Ferry Road** Raleigh, N.C. 27606 919-233-2121 www.raleighnc.gov

